**Stay True to You…**

**and Don’t Change That!**

*Change can be good – but not all change. Some qualities are too essential to let go of.*

Think about each quality below. Write a statement of how it contributes to the core of you who you are.

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| **Pride** |
| **Judgment** |
| **Dignity** |
| **Honor** |
| **Self-Respect** |

Identify two more qualities that are important to you personally. Explain how each is a part of who you are.

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How do you hold onto your core beliefs when you feel pressure from others?

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